Twitter and Professional Development Reflections

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Having limited knowledge of and experience with many technology tools, the connection between Twitter and professional development was not obvious to me. Upon the creation of my Twitter account and following several organizations and individuals that focus on physical education, I was amazed at the numerous opportunities that are available. From webinars, podcasts, and online professional development courses, the variety of ways to enrich my program and diversify my lessons and units are virtually limitless. My use of Twitter will continue, due to the professional development information offered, and my discovery of the large number of educators and organizations that are invested in improving the health and fitness levels of America’s youth. Previously, I felt limited to the same conferences and workshops because they were the only ones I thought were available or that I could easily locate.

I found these two Twitter users very helpful in my discovery of this critically important technology tool: @physed and @pecentral. The Twitter user @physed includes helpful demonstration videos that can be used in conjunction with their ideas for teaching instruction. This user focuses on the importance of recess, but also the critical need for families to engage in physical activities together – highlighting research to show the relationship of physical education to brain function, wellness, and health throughout the lifespan. The Twitter user @pecentral frequently gives lesson ideas and assessments, posts videos of students participating in activities they suggest, and offers opportunities to win free equipment. Both Twitter users have such a large network and following, and routinely retweet other ideas and opportunities. I will be able to grow my network, which will only increase my awareness of available opportunities and also strengthen my continued use of Twitter as a go-to technology resource to integrate into my physical education program. Now I am significantly more comfortable than I was at the start of this course, and I will be able to share this tool with my colleagues in physical education.